

Full Report (All Nutrients) 01028, Cheese, mozzarella, part skim milk

Report Date:September 17, 2015 16:41 EDT

Nutrient values and weights are for edible portion.

Food Group : Dairy and Egg Products**Carbohydrate Factor: 3.87 Fat Factor: 8.79 Protein Factor:4.27 Nitrogen to Protein Conversion Factor:6.38**

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 oz 28.35g
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Proximates

Water	g	53.78	10	0.872	15.25
Energy	kcal	254	--	--	72
Energy	kJ	1064	--	--	302
Protein	g	24.26	--	--	6.88
Total lipid (fat)	g	15.92	10	0.669	4.51
Ash	g	3.27	--	--	0.93
Carbohydrate, by difference	g	2.77	--	--	0.79
Fiber, total dietary	g	0.0	--	--	0.0
Sugars, total	g	1.13	--	--	0.32

Minerals

Calcium, Ca	mg	782	1	--	222
Iron, Fe	mg	0.22	--	--	0.06
Magnesium, Mg	mg	23	--	--	7
Phosphorus, P	mg	463	--	--	131
Potassium, K	mg	84	--	--	24
Sodium, Na	mg	619	1	--	175
Zinc, Zn	mg	2.76	--	--	0.78
Copper, Cu	mg	0.025	--	--	0.007
Manganese, Mn	mg	0.010	--	--	0.003
Selenium, Se	µg	14.4	--	--	4.1

Vitamins

Vitamin C, total ascorbic acid	mg	0.0	--	--	0.0
Thiamin	mg	0.018	--	--	0.005

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Riboflavin	mg	0.303	--	--	0.086
Niacin	mg	0.105	--	--	0.030
Pantothenic acid	mg	0.079	--	--	0.022
Vitamin B-6	mg	0.070	--	--	0.020
Folate, total	µg	9	--	--	3
Folic acid	µg	0	--	--	0
Folate, food	µg	9	--	--	3
Folate, DFE	µg	9	--	--	3
Choline, total	mg	15.4	--	--	4.4
Vitamin B-12	µg	0.82	--	--	0.23
Vitamin B-12, added	µg	0.00	--	--	0.00
Vitamin A, RAE	µg	127	--	--	36
Retinol	µg	124	--	--	35
Carotene, beta	µg	41	--	--	12
Carotene, alpha	µg	0	--	--	0
Cryptoxanthin, beta	µg	0	--	--	0
Vitamin A, IU	IU	481	--	--	136
Lycopene	µg	0	--	--	0
Lutein + zeaxanthin	µg	0	--	--	0
Vitamin E (alpha-tocopherol)	mg	0.14	--	--	0.04
Vitamin E, added	mg	0.00	--	--	0.00
Vitamin D (D2 + D3)	µg	0.3	--	--	0.1
Vitamin D3 (cholecalciferol)	µg	0.3	--	--	0.1
Vitamin D	IU	12	--	--	3
Vitamin K (phylloquinone)	µg	1.6	--	--	0.5
Lipids					
Fatty acids, total saturated	g	10.114	--	--	2.867
4:0	g	0.516	1	--	0.146
6:0	g	0.100	5	0.020	0.028
8:0	g	0.117	5	0.027	0.033
10:0	g	0.251	5	0.044	0.071
12:0	g	0.164	5	0.054	0.046
14:0	g	1.598	5	0.088	0.453

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16:0	g	4.855	5	0.327	1.376
18:0	g	1.937	5	0.169	0.549
Fatty acids, total monounsaturated	g	4.510	--	--	1.279
16:1 undifferentiated	g	0.440	5	0.059	0.125
18:1 undifferentiated	g	3.874	5	0.245	1.098
20:1	g	0.000	--	--	0.000
22:1 undifferentiated	g	0.000	--	--	0.000
Fatty acids, total polyunsaturated	g	0.472	--	--	0.134
18:2 undifferentiated	g	0.335	5	0.057	0.095
18:3 undifferentiated	g	0.137	5	0.019	0.039
18:4	g	0.000	--	--	0.000
20:4 undifferentiated	g	0.000	--	--	0.000
20:5 n-3 (EPA)	g	0.000	--	--	0.000
22:5 n-3 (DPA)	g	0.000	--	--	0.000
22:6 n-3 (DHA)	g	0.000	--	--	0.000
Cholesterol	mg	64	1	--	18
Amino Acids					
Tryptophan	g	0.339	--	--	0.096
Threonine	g	0.924	--	--	0.262
Isoleucine	g	1.164	--	--	0.330
Leucine	g	2.365	--	--	0.670
Lysine	g	2.464	--	--	0.699
Methionine	g	0.677	--	--	0.192
Cystine	g	0.144	--	--	0.041
Phenylalanine	g	1.266	--	--	0.359
Tyrosine	g	1.403	--	--	0.398
Valine	g	1.517	--	--	0.430
Arginine	g	1.042	--	--	0.295
Histidine	g	0.913	--	--	0.259
Alanine	g	0.741	--	--	0.210
Aspartic acid	g	1.757	--	--	0.498
Glutamic acid	g	5.677	--	--	1.609
Glycine	g	0.464	--	--	0.132

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Proline	g	2.498	--	--	0.708
Serine	g	1.415	--	--	0.401
Other					
Alcohol, ethyl	g	0.0	--	--	0.0
Caffeine	mg	0	--	--	0
Theobromine	mg	0	--	--	0